

Happy Valentine's Day ♥

from Your Employee Health and Wellness Team

This is "American Heart Month" so on our February website (http://www.michigan.gov/mdcs/0,1607,7-147-22854_24290---,00.html) we will provide lots of ideas on keeping your heart healthy. You can also get information from the American Heart Association, <http://www.americanheart.org> or call them at 1 800 242-8721.

Be sure to check our pages for tips on fitness and nutrition, read the newsletter for up-to-date health news, check "What's up in your area" for local resources, find out why you should work on wellness and get the latest discount information. We want to help you to get healthier! Please call or e-mail us with your comments, ideas and suggestions or for information on one-to-one fitness and nutrition counseling.

January Contest Winner and Prize

The winner of the January Contest (new in WOW News):
Kathryn Hamm

Prize:

**"Mayo Clinic Guide to Self-Care:
Answers for Everyday Health Problems", third edition**

Thanks to all the contest participants!!
Watch for next month's contest question in the WOW News.

Thank you for visiting **WOW**,
Employee Health & Wellness
Working On Wellness
Your **WOW** Team